

FAMILY & CONSUMER SCIENCES

Newsletter

June 2009

**Cooperative
Extension Service**
Spencer County
66 Spears Drive
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Taylorsville, KY 40071-0368
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CLUB	DATE, TIME & LOCATION	CONTACT
Bluegrass Basket Guild	July 9, Sept 3, Nov 5 – 4 pm Extension Office	Nicole Hahn 477-2217
Machine Embroidery Club	July 6, Aug 3, Sept 14 – 10 am Extension Office	Pat Douglas 477-5092
Patch workers Quilt Guild	July 7, Aug 4, Sept 1 – 9:30 am Extension Office	Jean Johnson 477-2735
Gardening Association	July 7, Aug 4, Sept 1– 7 pm Members Home	Pat Moreman 477-5910
Aprons and Ideas	Contact office for next date	Mary Trice 477-9744
Loyal Homemakers	September 10 – 10 am Extension Office	Margee Wood 232-6138
NEW CLUB Needlework Club	June 15, July 20, Aug 17, Sept 21 – 10 am Extension Office	Laurita Aubrey 477-5552
Waterford Homemakers	Sept 16 – 10 am Extension Office	Kay Greer 477-0223
Thread & Thimble	June 22, July 27, Aug 24, Sept 28 – 10 Extension Office	Pat Douglas 477-5092

*Living Well: Eating Right, Spending Smart,
Enjoying Home and Sharing Time. Extension
makes a difference in the lives of people, families,
and communities.*



*****NEW HOMEMAKERS CLUB*****

The Needle Work Club will have their first meeting June 15th at the Spencer Co. Extension Office at 10 am. The first meeting will be an organizational meeting to see what homemakers are interested in learning. Members can bring small projects to work on that day. Everyone is invited to attend.

Homemakers Council

The next Homemakers Council meeting will be Monday August 10 at 10 am.

2009 Louisville Area Annual Meeting

Tuesday, October 13th

Are We Returning to the Past?

By

Margaret Hardesty Day

Author, Speaker & Story-teller

Paroquet Springs Conference Centre

Shepherdsville, KY 40165

9:30 am Registration begins

10 am Meeting begins

10:30 am Brunch Buffett

Cost: \$15

Call Spencer Co. Extension Office to register: 502-477-2217

Deadline for registration: September 1, 2009

Make checks payable to Spencer Co. Homemakers

2009-10 HOMEMAKER LESSONS

September 23 – 1:30 pm

Hazardous Chemicals

Maryellen Garrison, Henry County FCS

Agent

October 28 – 1:30 pm

Gifts of Gratitude Lesson

Nelda Moore, Jefferson County FCS Agent

November

No Lesson - No leader training

December

Packet Lesson – Home Cleaning Products – Safe, Healthy, Green

Allison Lewis, Spencer County FCS Agent

January 6 – 1:30 pm

Time Management

Sheila Fawbush, Shelby Co FCS Agent

February 24 – 1:30 pm

Green Your Home

Valerie Holland, Jefferson Co. FCS Agent

March 24 – 6:30 pm

Understanding the Food Label

Chris Duncan, Oldham Co, FCS Agent

April 28 – 6:30 pm

Travel the Kentucky Quilt Trail

Jane Proctor, Trimble Co. FCS Agent

Antique Classes

Location

Shelby County Extension Office

1117 Frankfort Road

Shelbyville, KY 40065-9447

Two Sessions: Mondays 1:00 - 3:00 p.m. *or* 6:30 - 8:30 p.m. Select Afternoon *or* Evening Session

R.E. Wells, noted antique authority from Versailles, Kentucky, will be at the Shelby County Extension Office on the following dates:

Dates and topics offered:

- ◆ July 13 Introduction to Antiques
- ◆ July 20 Collecting American Furniture
- ◆ July 27 Paperweights and Related Items
- ◆ August 3 Watches and Clocks
- ◆ August 10 Majolica, Delft, Quimper and Other Folk Pottery

- ◆ August 17 American Art Pottery
- ◆ August 24 American Glass
- ◆ August 31 Antique Road Show

This is an 8-week course. The fee is **\$50.00**. Class size will be limited to a first to sign up basis. Make checks payable to: Jefferson County Extension Council.

Return to: Jefferson County Extension Service, Valerie Holland, 810 Barret Avenue, Louisville, KY 40204-1782, by July 8, 2009.

Contact the Jefferson County Extension Service at 502-569-2344 for more details.

ONLY ONE item appraised each week!

Light Up Salt River

July 4, 2009

Taylorville Lake Visitor's Center

2825 Overlook Road

Taylorville, KY

This daylong festival features live entertainment for the entire family. An action-packed day of activities and booths for the kids concludes with fireworks over Taylorville Lake.

For more information contact Abbi Nation at 502-643-8967. For food and other vendor information, please contact Carolyn Shields at 502-477-3235 or 502-738-5422.



Spencer County Fair

You should be receiving a fair catalog in your mail before long. If you do not receive one, stop by the office, we have a limited supply here but you are more than welcome to pick one up from here.

Exhibits will be taken starting at 10:00am July 29. **PLEASE NOTE CHANGE: The exhibits will be taken from 10 am – 1 pm only. This time has been changed so that we have enough time to get everything set up and ready before the judges roll in at 2 pm.** If you would like to work at the fair please let Nicole know asp. We are always looking for people willing to help with the fair in many different ways. We need volunteers to set and watch the exhibit hall on Wed, Thur & Friday nights. You will get a pass into the fair for the night and all you need to do is watch the exhibits and make sure nothing happens to them. If you would like to help with this, please let Nicole or myself know.

If you are working at the fair this year, don't forget that the Exhibit Hall cleanup for everyone involved will be on July 28 at 9:30 am. If you are involved in accepting exhibits the day for that will be July 29. Everyone should be in place and ready before 9:30 am. We will also have take down on August 1. Be there no later than 8:30 am.

**July 17-18
July 28-August 1**

**Horse Pull
COUNTY FAIR**



KENTUCKY STATE FAIR

Don't forget that the deadline to submit your entries for the State Fair is July 1. You will need to have the form completed and in the mail before June 29 in order to get it into the State Fair in time.

3rd Annual Kentucky Farm Women Field Day

SAVE THE DATE - TUESDAY, SEPTEMBER 22, 2009!

We are excited to announce that the 3rd Annual Kentucky Farm Women Field Day will be held on Tuesday, September 22, 2009, at the Louisville Zoo, 1100 Trevilian Way in Louisville! You are invited to join women associated with agriculture from all across the Commonwealth for fun, fellowship and a free meal at the zoo!

For the 3rd Annual Kentucky Farm Women Field Day, registration will be held at 2:45 pm ET at the front entrance. Following registration, everyone will convene in the Oasis Tent and then have the opportunity to rotate through six different learning stations and exhibits of topics including Landscaping/Yard Maintenance; "What I should know before I go to the parts counter;" Tips on buying tractors and equipment/Maintaining your equipment; Environmental Stewardship Best Practices; Women's Health; Farm Safety with Kentucky Department of Agriculture Expert Dale Dobson; Focus on Ag Education: scholarships, training & leadership programs available; Cooking Demonstrations and more! The dinner, compliments of Hartland Equipment, will follow along with a forum that features special guests with Q&A. We will conclude the field day with an overview of the zoo from a Louisville Zoo Team Member. You may even get to meet some of the special animals!

Please don't let your children keep you from coming. There will be educational activities for them throughout the zoo that afternoon so the women can enjoy the event. Please know that transportation from the front of the zoo to the field day area will be made available to those who request it. We are proud to be able to provide exhibit space free of charge. When you RSVP, please let Jean-Marie know if you will need transportation at the zoo, if children will be coming with you, if your organization would like to be featured in the exhibit area and if you are interested in being a sponsor.

Hartland Equipment will purchase admission tickets to the Louisville Zoo for the first 300 who register for the field day! The zoo opens at 10:00 am ET; and if you would like to explore the zoo before the field day, RSVP soon and a team member will greet you at the front

entrance to give you your ticket. To RSVP or if you have questions, contact Jean-Marie Lawson, Corporate Marketing Manager, Hartland Equipment at jean-marie@hartlandeq.com or (502) 239-8484.

We are thrilled to be having our 3rd Annual Kentucky Farm Women Field Day at the Louisville Zoo, which sits on 100 plus acres of land with hundreds of varieties of exotic and natural plants, trees and grasses spread throughout. The zoo has over 1,300 animals exhibited in beautiful natural settings. Favorites include giraffes, elephants, gorillas, lions, tigers, penguins, pygmy hippos, orangutans, reptiles, hundreds of colorful birds and many more. The Louisville Zoo is honored to be the site of the field day and the team members look forward to showcasing the award-winning zoo! For more information about the Louisville Zoo, visit www.louisvillezoo.org.

We are looking forward to a great field day on September 22 at the Louisville Zoo! There are dedicated sponsors and committee members helping plan this event. Exciting details are being planned while you are reading this memo. Please stay tuned!

Farmers markets have numerous benefits

Source: Sandra Bastin,
food and nutrition specialist

Many of us grew up with a family garden and remember the fresh taste of the first tomato of the summer or the crispness of the first ear of corn. While you may not have the time or space to grow your own fruits and vegetables, you can still get the freshest produce available at your local farmers market. Shopping at the local farmers market has numerous benefits for you, your family, local farmers and the community.



Food travels an average of 1,500 miles from farm to plate. Since most growers at the markets are local, their food doesn't have to travel as far to get to the consumer. Buying from local farmers ensures that you are providing your family with fresh, high-quality fruits and vegetables. Not only does this ensure you're getting the freshest produce available, but it also helps the environment by cutting down on vehicle emissions, and lowers transportation costs for farmers.

Farmers markets help develop a sense of community and unity within an area. Consumers can talk directly with farmers about their products and farming operations. By the end of the season, many find they've developed a personal connection to their local farmers.

Buying from farmers markets is good for the local economy because it keeps your money in your community. It allows growers with small-to-medium-sized operations to receive a fair price for their products without having to compete against large commercial growers. Many times, farmers markets are closer than a grocery store, so shopping at the markets could cut down on your fuel costs.

Make shopping the farmers market a family experience. It provides a great opportunity to teach your children about nutrition, and how food is grown. As children get to see the food up close, they may become interested in trying new foods.

With farmers markets in nearly all of the state's counties, you can find a market that is close to you. For dates, times and locations of your local farmers market or how to become involved with the market as a vendor, contact the Spencer County Cooperative Extension Service.

East Kentucky Homemakers go the distance for children's home

By Aimee Nielson

LIBERTY, Ky., (May 27, 2009) – It takes more than 10 dozen eggs each morning to make breakfast at the Galilean Children's Home, but that statistic fits right in with the home's theme: "Where normal is the exception."

More than 95 percent of support for the Casey County home comes from private donations of time, food, supplies and money. Some University of Kentucky Cooperative Extension Homemakers in eastern Kentucky have embraced the home and gather supplies throughout the year in hopes of making life a little easier for children and special-needs adults residing there.

Leslie County Extension Agent for Family and Consumer Sciences Nanette Banks recalled a visit to the Galilean home several years ago.

A few homemakers toured the facilities including the Angel House, a haven for babies whose mothers are in prison, and the Blessing House, a place for older children and adults with physical and mental challenges.

"It's a blessing to see some of the things you don't normally see," Banks said. "It makes you realize that there are good people, people who will give others a chance at life. None of our homemakers came out of that tour with a dry eye; even the men had tears in their eyes. Since then, we decided to make the home one of our community service projects and bring donated items each year."

Homemakers collect baby care items and personal hygiene items as well as homemade baby quilts and blankets to add a personal touch. They travel more than two hours at least twice a year to personally deliver the items and catch up with beloved residents.

"We wanted to do something for them, so we got busy making quilts," said Homemaker Virginia Melton. "We just wanted to put things together to bring to them, and it has touched my life. It changes you when you come down here."

Melton has a special affection toward children at the home since she and other Homemakers have raised

children of their own with special needs and physical challenges.

"It really makes you appreciate what you have and makes me love my own child even more," she said. "These kids need our help; they are doing a wonderful thing here."

Lucille Smith, also a Leslie County Homemaker, said she's learned a lot by visiting the home and bringing items to make life there easier.

"This is a blessing to come and see this," she said. "It makes me see how blessed I am and that my family is well; we are just so fortunate."

Jerry Tucker and his late wife Sandy founded the home in 1986. They fought their own battles with infertility and focused their energies on helping children whose parents did not have the ability to care for them.

"We were married for 45 years before she died two years ago," Jerry Tucker said. "We were childless for seven years and then we adopted a baby from a private agency from an unwed mother. We just felt after we adopted him and then our two daughters were born, which were miracle babies, we wanted to spend the rest of our lives working with kids and so forth."

All in all, the Tuckers have adopted more than 30 children, and cared for more than 800 children through the years, rescuing many of them from situations of abuse, neglect and other circumstances.

Banks said the Leslie County Homemakers use the home's published needs list to focus their collections of supplies toward items the home really needs. The list and more information about the home is available online at <http://www.galileanhome.org>.



Up Coming Programs and Events

County Fair and Little Mr. and Miss (July 17-18 and July 27- August 1, 2009)

State Fair (Aug. 20-30, 2009)

Louisville Area Homemakers Annual Meeting (Oct. 13, 2009)

Louisville Area Homemakers Council Meeting (Nov. 16, 2009)

Visit our website at www.spencerextension.com

Allison Lewis
CEA for Family and Consumer Sciences